



BERA

Jiu Jitsu Club

Classes are appropriate for all abilities of
Men, Woman and children, ages six and up.

What is Jiu Jitsu?

Jiu Jitsu is the foundation to all the Japanese Martial Arts. Originally, it was considered to be the exclusive property of Japanese nobility, only to be passed down within families. Unfortunately, because of the inexperience to other classes of people, the only way to study the art was either to be of a noble family or be a close friend of a noble family. Those who were fortunate enough to have studied under a Master continued to teach the original form of Jiu Jitsu. Although many techniques were lost over the years, a great amount were passed down and are still being taught today.

The breakdown of the words, Jiu Jitsu, give a clear description of the art that we teach. "Jiu" means gentle, pliable; to submit. "Jitsu" means art or science. This means that Jiu Jitsu does not rely on an individual's brute strength to perform a technique, but it depends on his understanding of how his mind works and how his body reacts under different conditions.

Among the many forms of fighting, Jiu Jitsu is probably the most effective means of self defense. This is due primarily to the simplicity of physical movements and the minimal amount of strength that is required to perform a technique. Jiu Jitsu incorporates both hard techniques (punches and kicks) and soft techniques (nerve centers, throws and submission-type holds such as wrist locks). Every movement in any technique a person may execute in Jiu Jitsu is within one's own limitations. This is a unique quality found in Jiu Jitsu.

Classes are in the BNL Gym
Tuesday

6:30-7:30 pm

Classes are pay as you go at \$10.00 per lesson

Make all check's payable to BERA,

C/o Tom Baldwin, Bldg. 452

For assistance, call extension 4556